



July 2019

Published monthly for the clients of Meals on Wheels and Roving Pantry

## **The Meals on Wheels kitchen and office will be closed for: Independence Day Thursday, July 4th & Friday, July 5th**

We sent a two day shelf stable meal supply on June 21st for you to use on these holidays. If you were not on meals the 21st, you should receive the two day supply before the holiday. If you don't have it by meal delivery on July 3rd, call 267-0122.

### **What happened to the meal delivery on Friday, June 7th and Monday, the 10th?**

The Meals on Wheels program sends our sincere apologies for the unexpected mechanical problem that prevented us from delivering your meals on these dates. The compressor in our new walk-in refrigerator went out during the night causing the food to reach unsafe temperatures. Like so many other people affected by the recent storms, the repair company believes that a power surge during the storm ruined the compressor. This company could not get the part to replace the compressor until Monday. Consequently, we were unable to serve meals on Friday and Monday. We asked the media/television stations to relay this information so our clients would understand that they needed to use the emergency two day supply of nonperishable food that we sent earlier in the year. Meals on Wheels will replace this emergency nonperishable supply at some point during the next six weeks. Again, we regret the confusion and inconvenience that this unexpected problem created.

### **Meal Menu Choice Items (Pictured on Enclosed Flier)**

Beginning last August, we began serving a different meal or "choice" option on Tuesdays and Thursdays to about fifty clients. Each of the 8 meals pictured are served at least once a month in rotation. They are: a hot Chicken Dinner, hot Roast Beef Dinner, a cold Club Sandwich meal, cold Ham & Cheese Sandwich meal, cold Roast Beef Sandwich meal, Chicken Sandwich meal, Chef Salad, and a Chicken Wrap meal. Since the initial trial period was successful, we will continue these Tuesday/Thursday options but the meal choice may vary. A \$2.00 donation per "Choice" meal will help us continue providing different options; however, this donation is optional at this time.

If you are interested in participating in the Choice option meals, call 267-0122. We will discuss this option with you and determine if it is feasible to add you on an available "choice" route.

## SPECIAL OCCASION & MEMORIAL GIFTS

Donations given in memory or appreciation of someone special are a wonderful way to honor someone. When you give a donation to Meals on Wheels, a card is sent to the person you are recognizing or to the family of someone being remembered. The amount of the gift is not mentioned. Donations in any amount are appreciated.

### Memorials In June:

**Paul Bohiken**

**Ronald Rivers**

**Gene Rogers**

## Fruits & Vegetables With High Water Content

### **OVER 90% WATER:**    **80-90% WATER:**

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Cantaloupe</li> <li>• Grapefruit</li> <li>• Strawberries</li> <li>• Watermelon</li> <li>• Asparagus</li> <li>• Cabbage</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Cucumber</li> <li>• Bell Peppers</li> <li>• Broccoli</li> <li>• Lettuce</li> <li>• Radishes</li> <li>• Spinach</li> <li>• Tomatoes</li> <li>• Zucchini</li> </ul> | <ul style="list-style-type: none"> <li>• Apples</li> <li>• Apricots</li> <li>• Asian pears</li> <li>• Blackberries</li> <li>• Blueberries</li> <li>• Cherries</li> <li>• Cranberries</li> <li>• Grapes</li> <li>• Nectarines</li> <li>• Mangos</li> <li>• Oranges</li> <li>• Papayas</li> <li>• Peaches</li> <li>• Pears</li> <li>• Pineapple</li> <li>• Plums</li> <li>• Raspberries</li> <li>• Carrots</li> </ul> |
|---|---|

## Gift in Honor of All Volunteers

### Recent Scam

The meal program has been notified by a few clients that someone claiming to be a meal worker or a meal volunteer doing "welfare" checks tried to obtain entry into their home.

Our workers will schedule all visits unless you do not have a phone. So, please, call our program at 267-0122 before allowing any unexpected visitor into your home.

### Dog Bites: Make sure your animal has current rabies vaccinations

The Meals on Wheels delivery volunteers are encountering more dogs outside enjoying the nice weather. However, it is important that dogs (even friendly dogs) are secured away from your door during meal delivery - 10 am until your meal arrives. We have already had several reports of nips/scratches and volunteers chased back to their cars. If your animal bites or scratches a delivery person, Wichita Animal Control will contact you to determine if the dog has a current rabies vaccination.

Gupton's House Vet offers a Parvo-Distemper & Rabies vaccination for \$25.00. For information, call 316-681-0515.

PEACE OF MIND. INDEPENDENCE. GROCERY DELIVERY SERVICE.

# ROVING PANTRY

can deliver your grocery order to your home so you can stay independent.

Call [316-267-4378](tel:316-267-4378) for more information.



## The Importance Of Staying Hydrated

By Kyle Huxford RDN, CSG, LD

With the summer months here and long hot days ahead of us, it is important to pay attention to how we hydrate our bodies to prevent dehydration! Dehydration occurs when a person uses or loses more fluid than is consumed, and the body doesn't have enough water and other fluids to carry out its normal functions. It is especially important that seniors pay attention to keeping hydrated since it can lead to many health complications. Staying hydrated for seniors can be simple and may help prevent the need to go to the hospital.

As we age, our bodies tend to hold less and less water. As a result, older individuals typically develop a more rapid onset of dehydration. Older adults also have decreased perception of thirst, so they may not know they need to drink something until the early signs of dehydration start. Some seniors may have added difficulty getting water for themselves due to physical impairments. Others may try to limit their liquid intake in an attempt to prevent frequent trips to the bathroom or urinary incontinence. All of these factors increase the danger of dehydration for seniors, so it is important to monitor your daily water intake, and be able to recognize the signs that you may need to start drinking more. As dehydration worsens, the symptoms will become more serious. Use the chart below to identify symptoms in mild and critical dehydration.

**Mild Dehydration** - The most common signs and symptoms in the early stages of dehydration include:

- A dry mouth
- Thirst
- Dry skin
- Decreased urination

- Headaches
- Sleepiness or irritability
- Cramping
- Weakness

**Severe Dehydration** - When mild dehydration becomes severe, the signs and symptoms can evolve into more serious conditions, including:

- Lack of sweating
- Severe muscle cramps or contractions
- Low blood pressure
- Rapid breathing
- Confusion and irritability
- Dry and sunken eyes with few or no tears
- Unconsciousness or delirium
- Wrinkled skin - with no elasticity
- Rapid but weak pulse

Staying hydrated can be easy when you take proper steps throughout the day! Always remember there are many sources of fluids, older adults don't have to drink only plain water to get hydrated. Tea, fruit juice, sweetened beverages, fruits and vegetables all contain water. If you really struggle with drinking fluids, eat more foods with high water content to increase your hydration. It is also important to keep water easily accessible, try keeping a lightweight pitcher of water and a cup near your favorite spot to relax. If you just can't stand the thought of drinking so much water, you can also drink smoothies, milkshakes, sports drinks or even eat popsicles!

Proper hydration is a key foundation to a well-rounded diet, following these steps will help you stay hydrated, especially in the dog days of summer. Every person has different fluid needs, if you have any questions regarding how much you should be drinking, your primary care provider will be able to answer these questions for you.

**LET US KNOW WHAT YOU THINK! PLEASE MARK YOUR MENU AT THE END OF THE MONTH AND SEND IT BACK TO US:**

Cross through items you don't like. Circle items you do like.  
Put a star in front of items you want to see more often.  
NEW MEAL ITEMS ARE UNDERLINED.

Suggested Donation  
\$10 Monthly

**JULY 2019 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
1 Beef Taco Salad Lettuce, Tomato, Onion, Cheese Salsa/ Sour Cream Spanish Rice Green Beans Jello	2 Chicken Penne Pasta (Ziti) Italian Blend Vegetables Tossed Garden Salad with Dressing Croissant Fresh Fruit	3 Beef Hot Dog on a Bun Ketchup, Mustard, Relish Sauerkraut Baked Beans Deviled Egg Potato Salad Cookie Diced Pears	4 INDEPENDENCE DAY  Closed for Holiday: Use shelf stable meals.	5  Closed for Holiday: Use shelf stable meals.
8 Honey Dijon Pork Cutlet Brown Rice California Blend Vegetables Spiced Apple Rings	9 <b>COLD MEAL</b> Fajita Chicken Salad with Tortilla Strips Pineapple Tidbits Avocado Lime Dressing	10 <u>Garlic Parmesan</u> <u>Shrimp over</u> <u>Noodles</u> Garlic Cheese Biscuit Warmed Applesauce Jello	11 Sloppy Joe on a Bun Waffle Fries Roasted Brussels Sprouts Diced Peaches & Pears	12 Beef & Lamb Gyro on Pita with Cheese, Black Olives, Lettuce, Tomato, Onion Cucumber Dressing Apricots
15 French Toast Low Sodium Bacon Country Blend Vegetables Orange	16 Scalloped Turkey Green Bean Casserole Cranberry Chutney Wheat Roll Yogurt Parfait	17 Peach Smothered Pork Chop Capri Blend Vegetables Sweet Yeast Roll Applesauce	18 Grilled Salmon with Lemon Dill Sauce Steamed Rice Tuscan Vegetable Blend Honeydew Cup	19 Chicken Philly Cheese on Bun with Onion, Mushrooms, Peppers Potato Wedges Peach Crisp
22 Bacon Cheeseburger Lettuce, Tomato, Onion, Pickle Cottage Fries Apple Jello	23 Boneless BBQ Wings Baked Beans Cabbage with Bacon Tapioca Pudding	24 Pepper Steak over Asian Noodles Oriental Blend Vegetables Mini Egg Roll Mandarin Oranges	25 <b>COLD MEAL</b> Tuna Salad on Croissant Cucumber Tomato Salad Watermelon Chunks	26 Cranberry Meatballs Parsley Noodles Green Beans Dinner Roll Mixed Fruit Cup
29 Chicken Fried Rice Asian Slaw Oriental Vegetables Egg Roll Mixed Fruit	30 Supreme Pizza Antipasto Salad Cherry Applesauce Cinnamon/ Chocolate Chip Bar	31 <b>COLD MEAL</b> Turkey Club Italian Pasta Salad Fruit Jello Grapes		<b>NEW MEAL ITEMS ARE UNDERLINED</b>

**IF YOU DO NOT EAT YOUR MEAL WHEN IT ARRIVES - REFRIGERATE IMMEDIATELY!**